

We Are What We Eat

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Introduction

A person always remains under the influence of
Two Factors

Genetics and the **Environment**

A person can't change his **genetics** at his own

But can change **environments** where s/he lives

The first touch of **Environment** to human specie is

Food

even before birth

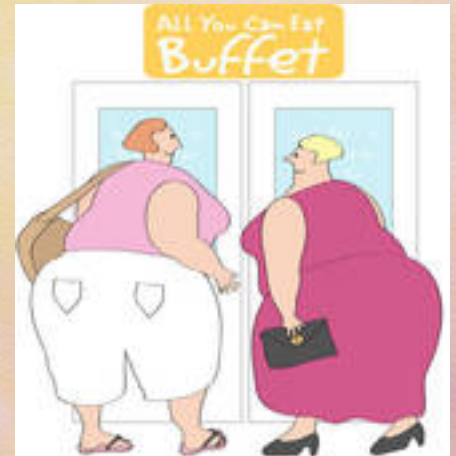
And remains intact till the last breath



Aristotle's Saying

To be always young & healthy, do 4 things:

- Take a warm water bath daily irrespective of the weather
- Start the day with well-nutritious breakfast
- Beat tensions
- Marry with a virgin lady after each 5 years



NORMAL HUMAN PHYSIOLOGY

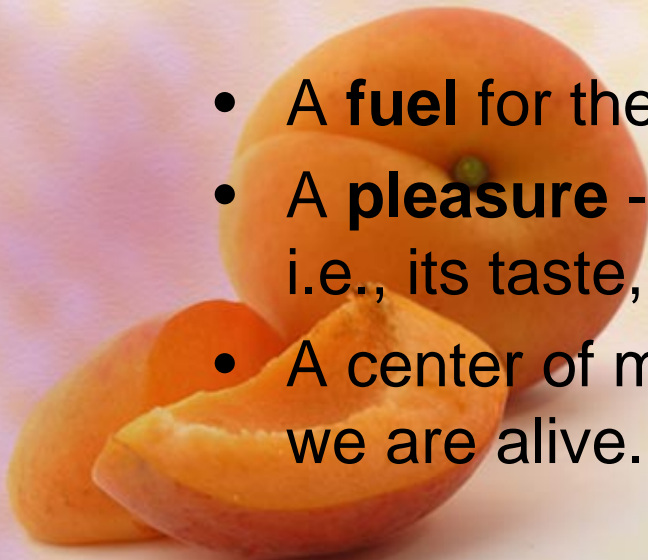
Normal human physiology revolves around the impact of food



Human **Cell** derives nutrients from the food eaten and keeps on multiplying to make **Tissues**, they are grouped together to develop **Organs** which collectively function like a **System**, and a set of systems is a **Human Being!!**

Thus **Food** is

- A **fuel** for the engine of life
- A **pleasure** - there is so much to appreciate the food, i.e., its taste, smell and the way it looks
- A center of many **social** activities, it reminds us that we are alive.





Basic Food Nutrients Are

- **Carbohydrate** - Fiber, starch, bread, rice, macaroni, etc.
- **Protein** - Meat, milk, egg, pulses, nut, etc.
- **Fat** - oil, ghee, tallow
- **Vitamin** - mostly present in fresh fruits & veggies
- **Mineral** - mostly present in fresh fruits & veggies
- Drinking **Water**



How Food Manufactures Us?

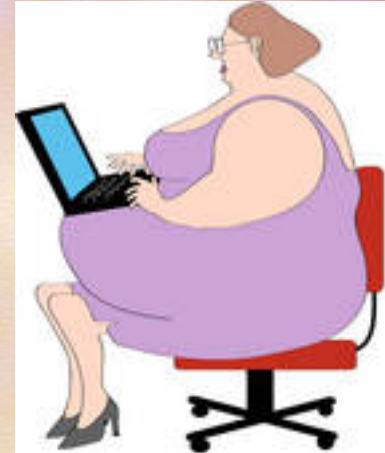
- A person is made up of a **body, mind and soul**
- Good **interaction** of these three human faculties makes the person most **Productive**
- While completing **Metabolism**, food is first **Catabolized** (broken down) in our **Cells** and then **Anabolize** (reconstitute) the human being. In this way it gives a shape to our **body**, a direction to the **mind** and a pathway to **soul**. Thus

‘We Are What We Eat’

Let us see, how?

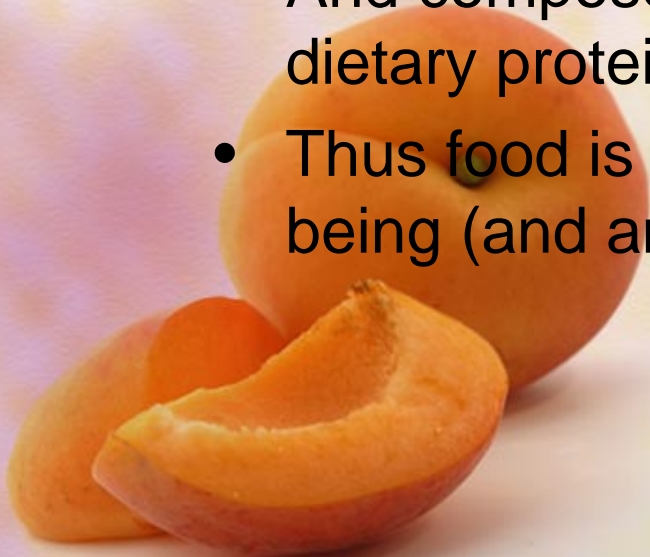


Body



Under standard conditions:

- Body is **65% water** which comes from all drinking sources
- It is made up of **20%** bony structure, which is constituted by dietary Ca, P, Vit C & D, etc.
- And composed of **15%** meat/fat which comes from dietary protein (60%), Carbos 20% & Fat (20%)
- Thus food is the **ONLY** building material of human being (and animals & plants as well)





Body

This compound bone/meat/liquid structure of human being needs **Fuel** to function, i.e., **Calorie**

Under healthy conditions:

- **55%** calories come from Carbohydrates (**starch, fiber, polysaccharides**)
- **30%** calories come from Proteins (**meat, milk, egg, pulses and nuts**)
- And rest **15%** from Fats (**oil, ghee, butter**)



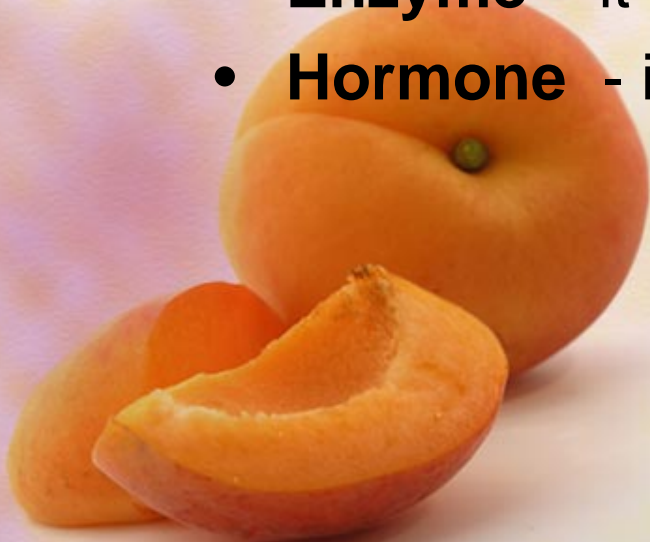
Body



Unlike a bridge or a building, human body is an alive structure and needs to **Grow**

For growth & function it needs

- **Protein** – it comes from **animals & plants**
- **Enzyme** – it comes from **spices & herbs**
- **Hormone** - it is produced by **protein, fat, herb, etc.**





Body

Once all beautiful human body is built, it demands **safety** within the body

Immune system is the first defense line of the body against the Viral/Bacterial diseases which is principally strengthened by all

6 Food Nutrient Groups

particularly the

Protein and Herb (veggie group)

AND NOTHING ELSE





Mind (not brain)

A human structure is quite **Useless Socially** in spite of the provision of *Building Material & Fuel* until its brain extends into **Mind** by the support of

- **Zinc** – Rich sources are *milk, meat, sea-foods & herbs*
- **Glucose** – A simple *sugar* derived from complex *carbos*
- **Oxygen** – We take in through respiration, and
- Other **Chemicals** (e.g. *serotonin, melatonin*) which come from *meat offal, soybean, aloevera*, etc., a deficiency of which may create

Depression (past) & Tension (future)

Both hamper efficiency and *isolate the person from the society*



Soul or Spirit



Body is controlled by the brain, brain works under the beacon of **Mind** and mind is guided by the Spirit/**Soul**.

(Soul is a meta-physical entity best understood by the study of religion)

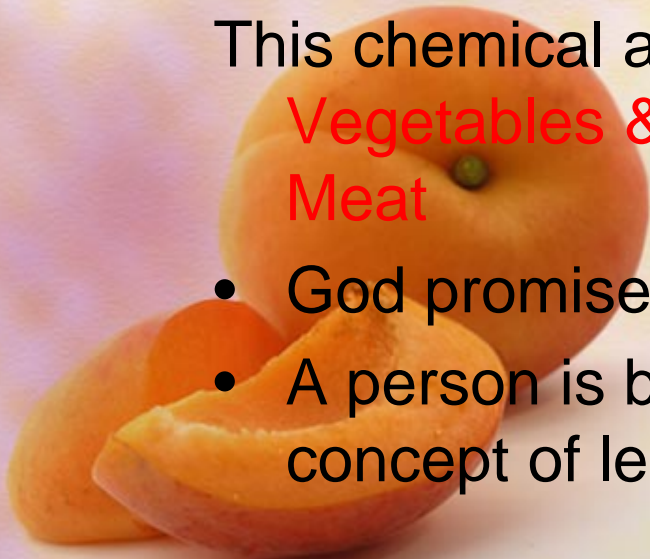
The soul of a person is motivated by a **Chemical Action** in the **Hypothalamus** of the brain thinking of

Right Deeds

This chemical action is triggered off by the use of fresh **Vegetables & Fruits** along with **Milk, Honey and Bird's Meat**

Please Recall!!!

- God promises all these foods in the **heavens**
- A person is best spiritually healed during **Fasting** (a concept of less & simple food intake)



Soul or Spirit

For instance,

Mood Swings

are regulated by the **Minerals & Vitamins** which is another dimension of the role of food

If such **Attitudes** are out of proportion then the **Prime/Social Animal** (human being) falls down to the grade of merely a wild animal

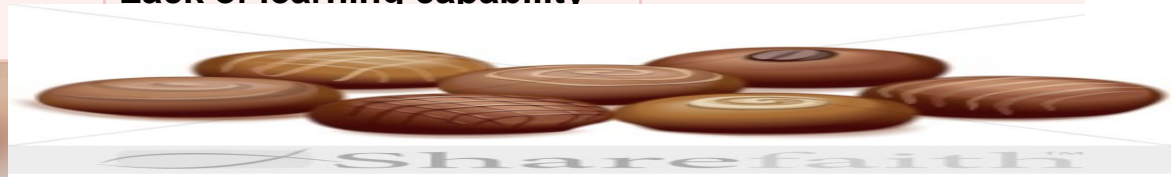
Remember! More control we can exercise over our life, the happier & healthier we will be





Losing Food Balance Means Inviting Diseases

<i>Excessive Meat/Fat</i>	<i>Excessive Sweets</i>	<i>Excessive Caffeine</i>
Atherosclerosis, heart attack, strokes	Imbalances hunger & fullness	Stops Ca to become part of body
Cancer	Cancer	Hyper-thyroidism
Obesity	Obesity	Hyper-lipidaemia
Diabetes	Diabetes	Insomnia & sleep apnea
High blood pressure	High blood pressure	High blood pressure
Osteoporosis, kidney stone	Dental carry	Osteoporosis
Gout & rheumatoid arthritis	Acidity	Acidity
Hemorrhoids	Memory loss in adults	
Appendicitis	Lack of learning capability	





Good & Bad Foods

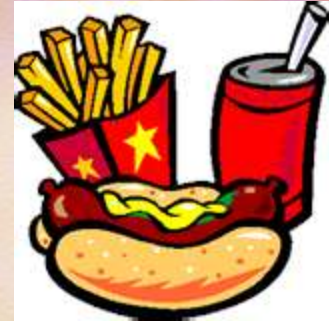


Good Foods	Bad Foods
Dairy Group:	
Skim milk or 1% fat, Low fat cheese, yogurt, Churned Lussi, Packed milk	Whole milk, Full fat cheese/ yogurt, Full fat yogurt lussi with perra (a sweet), Open adulterated milk, Raw milk
Meat Group	
White meat (broiler & sea-fish)	Broiler leg piece, Red meat esp. beef, Bar-BQ, Hareesa, Siri paey, Brain masala
Grain Group	
Whole wheat, maize, barley, oat, rice	De-hulled grains, Pure starch, Less fibrous foods, Dense spicy foods, Polished rice





Good & Bad Foods



Good Foods	Bad Foods
Seed & Nut Group	
All seeds, beans and nuts esp. flaxseed, pea, gram, soybean	Nil
Inorganic Foods	
Black salt, Calcium salt, Brown sugar	Table salt, Ajinomoto, White sugar, Artificial sweetners
Liquid Group	
Clean drinking water, Standardized bottled water / mineralized	Polluted drinking water, Substandard bottled water, Fruit juices, Soda (pepsi, coke, 7-up, etc.), Black tea or blended with milk & sugar, Kashmiri tea, Coffee in any form, Hot chocolate, Alcohol



Food Adulterations



- **Milk** added with detergents (surf, hair-removing powder), fertilizer, cooking oil, hydrogen peroxide, polluted ice, gum, arrow-root flour, sub-standard dry milk
- **Beef** carcass filled with water, mixed with camel meat
- **Mutton** from sick & infected animals
- **Broiler** soaked in water to become heavy
- **Poultry Egg** replacement with turtle egg
- **Spices & pulses** mixed with brick/stone
- **Veggies** grown at nutrient deficient soils, irrigated by sewage water





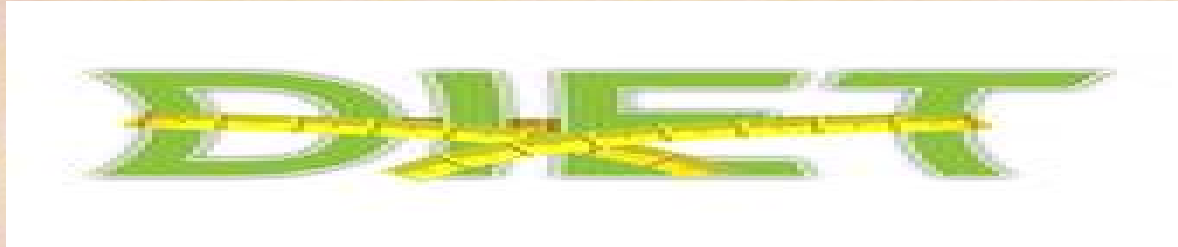
Food Adulterations



- **Fruits** injected with sugar syrup and colors
- **Cooking oil** blended with cheaper seed
- **Bread** added with brown color
- **Dry milk** mixed with flour screening
- **Tea leaves** treated with animal blood
- **Ghee** making (hydrogenation) with higher %age of catalyst (lead/nickel)
- **Food color** replaced with paints
- **Ketchup** & cockroache??
- **Packed juice** from artificial essence
- Bhang-pakora, heroin-added fast foods & saunf-sapari
- **AND LOT MORE.....**



Dietary Misconceptions



1. Food effects are Sard (cold), garam (hot), khushk (dry) and tar (wet)?
2. Strengthening human organs by animal organs?
3. Meat eating promotes anger & revenge (barbarianism)?
4. Animal slaughtering is cruelty?
5. Sweets on festivals and ceremonies?
6. Milk and son is not for sale?



Dietary Misconceptions

7. Fish eating only during the months of R?
8. Taking fish and milk together
9. Belching after meals?
10. Seven-up is good for digestion?
11. Be a vegetarian (Protein, iron and Vitamin B₁₂ deficiency)?
12. Three white poisons (sugar, salt & starch)?
13. Ghee or oil?



Some Terminologies

- **low-fat:** 3 g or less per serving
- **low-saturated fat:** 1 g or less per serving
- **low-sodium:** 140 mg or less per serving
- **very low sodium:** 35 mg or less per serving
- **low-cholesterol:** 20 mg or less and 2 g or less of saturated fat per serving
- **low-calorie:** 40 calories or less per serving.





WHAT TO DO?

Goal

Take **simple** diet/food and lesser in **quantity**
(*than the requirement!!*)

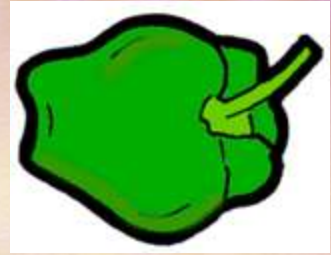
A **simple** food is that which is:

- Natural and organic
- Low-fat and balanced to the requirement
- Without added sugar, salt or fat
- High in fiber, essential amino acids, essential fatty acids, vitamins, minerals & water





WHAT TO DO?



Eating lesser in **Quantity** can be achieved if:

- To skip lunch and have a low-fat snack
- To stop eating 2-3 hours before bedtime
- To drink plenty of clean water between meals
- Don't abruptly change the food habit
- Be realistic during feasts and eating out

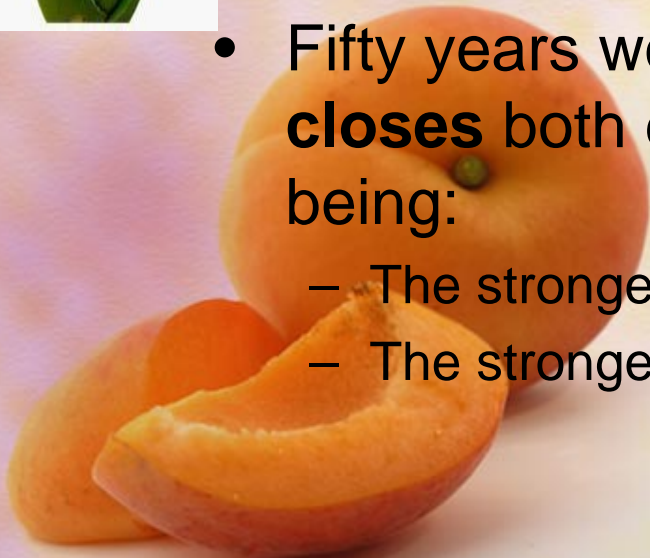


The Most Powerful Anti Aging Super Food

‘Aloe Vera’



- Despite its revolutionary cosmetics effect, it has stunned healthcare professionals as **Food** (a herb & a veggie)
- There are only two **doors** from where diseases attack on the human body **(1)** weak immunity, and **(2)** weak metabolism
- Fifty years world research shows that Aloe Vera **closes** both doors and strengthens human body being:
 - The strongest **immune enhancer** and **antibiotic**
 - The strongest metabolic **synergy**



See You
Next
Time

with

Part Two

